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Deep-fried truckin'

Rally to show food trucks are 'fun, explorative, creative and experiential places to eat'

PAGE 4

Drouin held off scoresheet

Moose lose 4-2 to Sea Dogs in first game after star forward's return

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'DELIBERATE' ACT OF FRAUD

CROWN CALLS FOR UP TO SIX MONTHS IN JAIL FOR FORMER DARTMOUTH NORTH MLA

PAGE 3



'I want to be your partner': McNeil



HRM Mayor Mike Savage, right, welcomes Liberal Leader Stephen McNeil to address Halifax regional council on Tuesday. JEFF HARPER/METRO

Liberal Leader addresses council. Darrell Dexter, Jamie Baillie send representatives



RUTH DAVENPORT
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The presumptive front-runner in the provincial election was the only party leader to show up at the weekly meeting of Halifax regional council — and Stephen McNeil wasted no time before diving into issues of specific relevance to the municipality.

The Liberal leader opened a 13-minute address to council with a promise to give \$2 million annually to Metro Transit.

"We are relying on you and Metro Transit to help us use that money in the most appropriate way," said McNeil.

Mayor Mike Savage asked all three party leaders to address public transit, funding for water and wastewater infrastructure upgrades and strengthening the urban core.

McNeil said he'd communicate infrastructure priorities to the federal government, and

would develop a new memorandum of understanding to address provincial costs — justice, education and housing — currently taken from municipal coffers.

Improving the relationship with municipalities was a central theme of most of McNeil's comments.

"The government is going to have to begin to work with municipal leaders across the province to have them believe that we are actually a partner in the decision making," he said.

Becky Kent, the NDP incumbent in Cole Harbour-Eastern Passage, and Andrew Black, the Halifax Citadel-Sable Island Tory candidate, both reiterated key promises of their respect-

structure upgrades.

"It's federal regulations that have downloaded these costs onto municipalities and we're just as disappointed as you are," she said. "The answer is not here today, but ... we want to be part of that solution."

Black focused on strengthening the urban core through tax and power-rate relief to improve the business climate — and through investment in arts and culture to improve vibrancy.

"We propose the creation of an endowment incentive program for arts organizations," he said. "(It) allows the donors to be matched by the province and in turn to be both matched by the federal government, al-

Quoted

"The single biggest part of making our urban core strong will be people. When we shed population, we should all be concerned."

Andrew Black, Tory candidate, Halifax Citadel-Sable Island

ive parties before touching on municipal issues.

Kent said the NDP would examine a public-transit subsidy and work towards a cost-sharing agreement for infra-

lowing one dollar to turn into four."

Council opted not to follow the presentations with questions for the provincial representatives.

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'What he did was wrong'

Trevor Zinck. Judge to hand ex-politician his sentence Oct. 9, with Crown seeking jail and defence seeking conditional sentence



HALEY RYAN
haley.ryan@metronews.ca

The Crown is seeking jail time in the case of former Nova Scotia politician Trevor Zinck, who it says made a "serious breach of public trust" when he committed "deliberate" fraud in 2008 and 2009.

In Nova Scotia Supreme Court on Tuesday, Crown attorney Andrew Macdonald said Zinck knew what he was doing when he claimed about \$9,000 from the Speaker's Office to cover expenses for various charities in his area and never paid out the funds to those promised.

"There is a pressing need to denounce what Mr. Zinck has done," Macdonald told Judge Glen McDougall. "What he did was wrong."

Zinck, former Independent MLA for Dartmouth North, pleaded guilty to fraud over \$5,000 and breach of trust in June.

Defence lawyer Lyle Howe said Zinck fell on the lower end of the "spectrum of levels

Quoted

"He's already suffered greatly because of his actions."



Defence lawyer Lyle Howe on Trevor Zinck



Trevor Zinck speaks to friends and family before entering Nova Scotia Supreme Court in Halifax on Tuesday for his sentencing hearing. JEFF HARPER/METRO

of mental intent" because his fraud was motivated by recklessness, not willful deception.

Howe said this was caused by a disorganized office and confusion around the legislative rules on expense claims.

Macdonald said the judge should reject this argument because the rules are "common sense" and you can't claim money for an expense you haven't carried out.

"A child would know what Trevor Zinck did was wrong," Macdonald said.

He added Zinck was not disorganized because he made the claims on time, every month, with the proper receipts.

"He made sure that his

paperwork had a veneer of legitimacy to it," Macdonald said.

Macdonald said Zinck appears to feel no remorse and had no "eureka" moment when he realized he forgot to send money to the young boy asking for a hockey sponsorship, or the Dartmouth Boys and Girls Club.

The Crown is seeking four to six months behind bars followed by probation, but Howe said only those responsible for fraud two or three times greater than Zinck's infraction have been sent to jail.

The defence is seeking a conditional sentence with an emphasis on rehabilitation.

Claim

Defence gives up compassion fatigue

The defence lawyer for Trevor Zinck says he has abandoned the argument his client was suffering from compassion fatigue when he filed fraudulent claims in 2008 and 2009.

This August, Zinck said he developed the condition as a result of his advocacy work in

the Dartmouth North area.

In court Tuesday, Lyle Howe said he and Zinck decided they didn't want to put compassion fatigue before the judge as a reason behind why the former MLA claimed \$9,000 for charity groups that was never distributed.

"We didn't call an expert; it's not something we can argue without an expert," Howe said after the hearing. "It's just something we decided wasn't necessarily part of our sentencing pitch."

METRO

1 NEWS



My mom taught me...

it's better to be kind than to be right, a girl can be anything she wants to be, it costs nothing to give someone a helping hand, and to
always choose Baxter.

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We're Family

Changes ahead? Council divided over commercial tax assessments

Halifax regional council has cleared the way for further exploration of a change to the way commercial taxes are calculated — but the proposal is already facing opposition.

City staff will ask the province for the authority to work with provincial officials to base commercial tax assessments on a three-year average of assessments rather than the single previous year.

The idea is to “smooth out” sudden large increases in assessments that lead to big tax hikes, but Coun. Gloria McCluskey referred to a list of 61 properties to point out that sometimes the increases are justified.

“We have assessments that spiked because it was a big building permit,” she said. “When you put a new building on a lot, you expect a spike in your assessment.”

Quoted

“We have to move forward on a better, more comprehensive approach.”

Coun. David Hendsbee.

Several councillors were unhappy that the averaging would download some of the tax burden onto so-called “low growth” businesses.

Coun. Tim Outhit said it’s hoped city staff will find some way of applying the measure solely to small businesses.

“I think what we have here is a step in the right direction, but a big box store cannot be killed as easily by a spike as that little business on the Bedford Highway,” he said.

RUTH DAVENPORT/METRO

Red Fox. Arrest made in summertime shooting

Police say charges are expected to be laid against a 22-year-old man arrested Tuesday in relation to a shooting outside a Halifax bar back in the summertime.

The shooting happened on July 6 at 2:20 a.m. outside the Red Fox Beverage Room at 7071 Bayers Rd. The victim, a 22-year-old Halifax man, was leaving the bar when police say he was shot several times by someone who approached him.

The suspect fled the scene, while the victim suffered injuries described at the time as life-threatening.

On Tuesday, police announced that they had arrested a 22-year-old Halifax man around 1:30 p.m. in relation to the shooting. He is now in custody and police say charges, which could include attempted murder, are anticipated.



Red Fox Beverage Room
JEFF HARPER/METRO

“It was a long investigation,” said Halifax Regional Police spokesman Const. Pierre Bourdages. “Throughout the investigation the suspect was identified and it culminated (Tuesday) with the arrest.”

Bourdages said the man arrested was taken into custody at a residence in peninsula Halifax. The victim is believed to have fully recovered from his injuries. PHILIP CROUCHER/METRO

Cape Breton

Students kept in classrooms after alleged gun threat

Police in Cape Breton are investigating an alleged threat at a high school that kept students in their classrooms for most of the afternoon.

Police say they received reports from Memorial High School in North Sydney that someone called

and said they were bringing a gun to the school.

Police spokeswoman Desiree Vassallo said officers searched the school at about 1:30 p.m. and didn’t find a gun, but asked students to remain in their classrooms until buses arrived at their normal times.

She said between five to 10 officers were at the school to make sure students got out safely at the end of the day.

Police were talking to students and staff to try to determine who made the alleged call. THE CANADIAN PRESS



The calm during the storm

A pedestrian holding an umbrella passes under the Chebucto Road rail bridge as heavy rain falls on Tuesday. Environment Canada is calling for clear skies for the rest of the week. JEFF HARPER/METRO

Food-truck culture to take bite out of Halifax

Eat up. Rally on waterfront to showcase growing trend in city



ALY THOMSON
halifax@metronews.ca

It’s a food movement that literally moves.

An ever-growing number of food trucks are calling Halifax home, and to celebrate the industry’s recent success, a local association is holding Atlantic Canada’s first food-truck rally.

“What we’ve seen in the last year is not just five new food trucks, it’s actually the beginning of a strong food-truck culture in Halifax,” said Natalie Chavarie of the Food Truck Association of Nova Scotia.

“We really want to highlight that at the rally — that

Yum

Some of the food trucks participating on Saturday:

- The Food Wolf, Nomad Gourmet, Tin Pan Alley Food Truck, Bite Me Urban Diner, Under Pressers and AMBY’s Eats



The Nomad Gourmet food truck, used by the Brooklyn Warehouse during renovation work in February. JEFF HARPER/METRO

food trucks are fun, explorative, creative and experiential places to eat.”

Organized by the association and Waterfront Development, the event at the Sands at Salter near Bishops Landing will feature several local food trucks, including Chavarie’s own Food Wolf.

Other favourites — including Nomad Gourmet, Tin Pan Alley Food Truck and Bite Me Urban Diner — will also be on-site, rain or shine.

It’s not only a chance for people to dig into some of the region’s most delicious food-truck fare, but also an opportunity to meet the foodies behind the food, said Chavarie.

“I find that there’s something really special about Haligonians who are eaters, who really want to explore their palate and eat things that they might not have eaten before,” said Chavarie, adding that she’s looking forward to chatting with customers.

Chavarie said with popularity in food trucks on the rise, the local businesses are in “co-opetition” with each other, rather than competition.

“Food-truck culture is really defined by a sense of collaboration,” she said. “We share a lot of the common experiences and challenges and successes.”

“We’re really rallying together to provide Halifax with a real street-food eating experience.”

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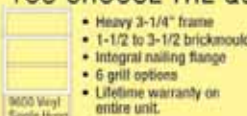


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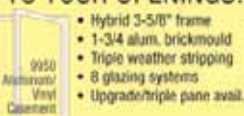
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Liberals aim to keep music biz spinning with tax credit

Credits. Nova Scotia's Grits promise to give some creative industries a tax break

The Liberals highlighted their promise to offer tax credits to the recording industry while the NDP said their commitment to have family purchases exempt from the harmonized sales tax would be expanded as the election campaign entered its final week Tuesday.

A promise to spend \$750,000 annually for a new sound recording tax credit would help attract companies

and artists from across Canada to work in the province, Liberal Leader Stephen McNeil said.

Recording companies would get a 20 per cent tax credit for money spent recording emerging Canadian artists, but the work would have to be done in Nova Scotia for artists to be eligible, McNeil said.

"We can grow this industry further and ensure more of the economic value and employment created by our musicians will remain in our province," said McNeil, adding that the idea follows up on one first proposed by Music Nova Scotia in 2002.

He also reiterated his commitment to extend a current tax credit for film and digital media to five years. It now runs year-to-year.

Estelle Jacquemard, general manager of video-game developer Longtail Studios, said her company employs 45 people at its Halifax location. She said the current tax credit was key in getting her firm to set up in Nova Scotia.

"It helped us to attract good very high-skilled people and keep them here and to be competitive with India or Asia, for example," she said.

Premier Darrell Dexter said he would add items to a list of so-called family essentials that

Countdown

6

The number of days to the provincial election on Oct. 8.

would be exempt from the HST in 2015 if the NDP government wins a second term. So far, the party is promising to drop the tax on cloth diaper services, strollers and car seats.

The party says the measure would see Nova Scotia consumers save \$3.2 million on those items.

THE CANADIAN PRESS

Slash to three from 10

PCs restate plan to cut health authorities

Progressive Conservative Leader Jamie Baillie reiterated on Tuesday his promise to cut the number of district health authorities to three from 10, which the Tories say would save about \$60 million.

He said the savings would help improve patient care



Jamie Baillie
THE CANADIAN PRESS FILE

such as paying for insulin pumps for children and

allow the government to hire more doctors and nurses.

The Tories are also promising incentives for doctors to practise in areas where there are physician shortages and to fund capital projects where communities have already raised funds.

THE CANADIAN PRESS



Playing now: Refuge at Eastern Front Theatre

Natalie Tannous, left, is Pamel and Shelly Hamilton is Amleset in Eastern Front Theatre's production of Mary Vingoe's Refuge. The play premieres Wednesday night and runs through Sunday at Neptune Studio Theatre. JEFF HARPER/METRO

CBRM. Municipality faces big challenges: Report

If residents of the province's second largest municipality are to secure a profitable economic future, they need to address priority issues such as poverty and economic development.

Those were just two of the suggestions offered today with the release of a 40-page report that measured the vital signs of the Cape Breton Regional Municipality. The report was prepared by the Community Foundation of Nova Scotia and was one of three such reports issued Tuesday. The other two dealt with Wolfville and Lunenburg County.

Among its findings, the report noted between 2001 and 2011, the region lost 8,507 in population, which equates to having the population of New Waterford move out of Cape Breton.

Also, during the same per-

Health

33%

One in three residents of the Cape Breton Regional Municipality is considered obese, while smoking rates continue to exceed both the provincial and national averages.

iod, the population of youth in the municipality fell by 5,045, which is comparable to having all the seats in Centre 200 filled with youth and moving them off the island.

Life expectancy in the municipality is about two years shorter than the provincial average and three years less the national average. Regional municipality residents are generally expected to have a life expectancy of 78.2 years.

CAPE BRETON POST

Poll. Atlantic Canadians want Senate reform

The majority of Atlantic Canadians would like to see the Senate abolished, a new poll says.

Corporate Research Associates says 40 per cent of residents said they wanted to get rid of the Senate, while 30 per cent are in favour of an elected Senate.

Less than 20 per cent of

people surveyed said it should stay the same.

But Nova Scotia residents are equally likely to support having an elected Senate or abolish it, the poll said.

The poll results are part of a quarterly survey that polled 1,500 Atlantic Canadians between Aug. 7 and Sept. 1.

METRO

Enforcement. Police on school-bus-safety blitz

Halifax Regional Police say they're stepping up enforcement and focusing on school bus safety this month.

Police are reminding motorists that it's illegal to pass a school bus from either direction when red lights are flashing, regardless of the number of lanes

of traffic.

That offence can carry a fine of nearly \$400 and six points on your driver's licence.

Police say there will be increased enforcement for school bus offences and anyone who witnesses an infraction is encouraged to call police. METRO

Truro. Woman, 25, to stand trial for murder of Ben Hare

The second-degree murder trial for a woman charged in the death of Truro's Ben Hare is scheduled to begin next September.

The trial for Halifax's Barbara Elizabeth Marshall, 25, is scheduled to run from Sept. 8 to Oct. 3. Trial dates were set in Nova Scotia Supreme Court in Truro Tuesday

morning during a brief preliminary inquiry.

Hare was 26 when he was killed during an early-morning brawl July 2010 on Lyman Street.

Dustan Preeper, Marshall's boyfriend at the time of the alleged murder, is also charged with second-degree murder in the case. TRURO DAILY NEWS

Giant U.S. closure: Will the last to leave please switch off the lights?

America shuts down.

800,000 federal workers sent home as historic wrangle over health care shuts many U.S. agencies

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce



President Barack Obama pressed his flagship health-care program forward. THE ASSOCIATED PRESS

of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades.

But people classified as essential government employees — such as air-traffic controllers and Border Patrol agents — worked.

So did members of the military and employees such as State Department work-

ers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

Meanwhile, Obama — hailing it as a "historic day" — pressed forward his flagship health-care program.

"This is life-or-death stuff," Obama said.

He said tens of thousands of Americans die each year for lack of health insurance. "Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS



Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington, D.C., on Tuesday. MARK WILSON/GETTY IMAGES

They stand on guard. Five notable women seek gender-neutral O Canada



Demanding change, from left, Margaret Atwood, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS/FILES

A group of notable Canadian women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and en-

courage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics for O Canada.

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command."

And it's time to make a change to reflect the inclusive intentions of the original lyrics, the coalition says.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat.

THE CANADIAN PRESS

Climate change?

'Refugee' seeks a haven from rising tides

A man from one of the lowest-lying countries on Earth is trying to convince New Zealand judges that he's a refugee — from climate change.

The 37-year-old and his wife left his remote atoll in the tiny Pacific country of Kiribati six years ago for higher ground and better prospects in New Zealand.

Immigration officials have twice rejected his argument that rising sea levels make it too dangerous for him and his family to return to Kiribati.

THE ASSOCIATED PRESS

Quebec uproar

Topless protest jolts politicians

A topless protest interrupted Quebec's national assembly Tuesday, in a screaming semi-nude denunciation of the controversial values charter. Security guards pulled a trio of half-naked protesters away and struggled to dress them.

THE CANADIAN PRESS

Quoted

"Restoring those lyrics to gender-neutral is not only an easy fix ... but it's long overdue."

Margaret Atwood

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Living Longer, Living Better:

Is there a secret to longevity?

Wednesday, October 16, 2013, 6 p.m.
Canadian Museum of Immigration at Pier 21
Rudolph P. Bratty Exhibition Hall,
1055 Marginal Rd., Halifax
RSVP: cafescientifique@cihr-irsc.gc.ca



This free event
is presented by
the Canadian Institutes
of Health Research,
its Institute of Aging
and the Canadian
Longitudinal Study
on Aging.
Space is limited.



For many seniors in the Nova Scotia region, living beyond 100 is considered to be a norm. Researchers have labeled the province a "blue zone" because of its high concentration of people who experience good health into their later years. So what is their secret to living long and healthy lives? Is it because they have good genes, excellent diets or safe lifestyles?

Please join us for a lively discussion about the latest health research evidence and community perspectives on what you can do to become a centenarian.

Experts

Melissa K. Andrew
MD, PhD, MSc (PH), FRCPC
Geriatrician
Faculty of Medicine
Dalhousie University

Susan Kirkland
PhD
Co-principal Investigator
Canadian Longitudinal
Study on Aging
Professor, Dalhousie University

Lawrence Mawhinney
Former Mayor of Lunenburg

Moderator

Kenneth Rockwood
MD, FRCPC, FRCP
Professor, Geriatric Medicine
Dalhousie University

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clsa élcw
Canadian Longitudinal Study on Aging
Étude longitudinale canadienne sur le vieillissement

Canada

Chemical weapons team enters Syria

Tight deadline.
Netherlands-based group has nine months to find, dismantle and destroy Assad's arsenal

Wading into the world spotlight, international inspectors arrived in Damascus on Tuesday to begin the monumental task of overseeing the destruction of Syria's chemical weapons in the middle of a civil war.

The inspectors from a Netherlands-based chemical-weapons watchdog have around nine months to com-



A convoy of inspectors cross into Syria at the crossing point of Masnaa, Lebanon, Tuesday.
BILAL HUSSEIN/THE ASSOCIATED PRESS

plete their mission: finding, dismantling and eliminating President Bashar Assad's estimated 1,000-ton arsenal.

Their task has been endorsed by a UN Security Council resolution that calls for Syria's chemical stockpile to be scrapped by mid-2014. The deadline is the tightest that the experts from the Organization for the Prohibition of Chemical Weapons have ever faced.

The destruction mission could include smashing mixing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells or filling them with concrete, and running machines without lubricant so they seize up and become inoperable.

THE ASSOCIATED PRESS



Animal activists hold solemn memorial

Animal Liberation Victoria activists hold dead animals at Federation Square on Tuesday in Melbourne, Australia. More than 200 activists gathered with the bodies of deceased animals to publicly grieve their deaths. Animal Liberation Victoria is against the treatment of animals as "property" and promotes a vegan lifestyle. Also on Tuesday, wildlife officials in Zimbabwe said at least 91 elephants were poisoned with cyanide by poachers who hack off their tusks for the lucrative illegal ivory market. GRAHAM DENHOLM/GETTY IMAGES

Romania

Mass grave near camp confirmed

Authorities on Tuesday confirmed the existence of a mass grave containing prisoners' remains near the site of a former communist labour camp in eastern Romania. The discovery bolsters the case of investigators seeking genocide

charges against the former commander of the penal colony.

A statement from the government's Institute for Investigating the Crimes of Communism laid out the official findings. It said five skeletons were found — one's right foot was missing, one had a dislocated spine and another's legs were tied together.

THE ASSOCIATED PRESS

Myanmar

Buddhist mobs kill woman, 94, torch over 70 homes

Buddhist mobs killed a 94-year-old Muslim woman and torched more than 70 homes on Tuesday as sectarian violence again gripped Myanmar's Rakhine state.

THE ASSOCIATED PRESS



Happy ... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. ROBERTUS PUDIYANTO/GETTY IMAGES

Market Minute



DOLLAR
96.85¢
(−0.21¢)



TSX
12,847.44 (+60.25)



OIL
\$102.04 US (−29¢)



GOLD
\$1,286.10 US (−\$40.90)

Natural gas: \$3.61 US (+5¢)
Dow Jones: 15,191.70 (+62.03)

Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable. The Convergence Consulting Group report says that the smaller wireless players can't keep offering "dirt cheap" prices and stay in business.

THE CANADIAN PRESS

Ebook service bets readers will buy into subscriptions

Publishing. Scribd, HarperCollins offer access to thousands of titles for monthly fee

Online document-sharing site Scribd is taking a page from

Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles

published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying individual titles.

Scribd will charge \$9 US per month for unlimited ac-

cess to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from HarperCollins aren't included in the subscription service, but new titles will be sold individually on Scribd's site. **THE ASSOCIATED PRESS**



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TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Hedley Anything
- 5 Lorde Royals
- 4 Avicii Wake Me Up
- 3 Miley Cyrus Wrecking Ball
- 2 Katy Perry Roar
- 1 Drake Hold On, We're Going Home

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TRUE PATRIOT GENDER-NEUTRAL LOVE

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908



JUST SAYIN'

Paul Sullivan

metronews.ca

lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto's city council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at professional sporting events, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?



Visit metronews.ca to share your opinion.

ZOOM

The horror of war in numbers



THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944.

METRO

Concept to creation



"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO



About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

You know you've made an impact when you get an asteroid named after you, right? Web comic creator Randall "XKCD" Munroe (now of the Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he's certainly not alone.



CONTRIBUTED

Perry Bible Fellowship:

Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing 'wheneverly,' PBF's humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics:

Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahaptor.

Twitter

@metropicks asked: Kingston Pen is rife with stories of escape and revolt. Now that it's shutting its doors, what should be done with it?

@OttUncensored: make it a taco stand!

@AlexnotAlecs: Trendy condos. Student housing. Convert the entire thing to a maximum security day care centre. No babies climbing those walls.

@twitandrewking: A pen factory.

@Banannikka: Youth Hostel!

@iamAngC: leave it the way they walked out of it don't sugar coat it and open it to the public

@kasey_with_a_k: turn it into a museum, like alcatraz. People will pay for a good criminal ghost story or two. #tourism

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca



Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet



**NED
EHRBAR**
Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, *Gravity*, to the masses, but properly presenting outer space turned out to be a tough nut to crack. And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question

after seeing this film is: how?

Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's amplified here.

It's because there's no up

and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

Did you get sick on the Vomit Comet?

No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it

all day long. The beautiful thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?

No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not

ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of *Children of Men*, which was criminally overlooked when it came out.

I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

2 SCENE

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Halifax Forum Multi-purpose Room on Young Street



IT'S
BEEN
SO
LONG,

She's eaten, prayed and loved. Now what?

The Signature of All Things. Author of famous memoir returns to fiction with historical botany-focused tome

MEREDITH
ENGEL

Metro World News

After writing one of the most revered books of the last decade, one might assume the pressure would be on Elizabeth Gilbert to somehow top the massive success of her 2006 memoir, *Eat, Pray, Love*. But Gilbert's not having any of that.

"The pressure for me wasn't even, 'How do I beat that?' Because you can't beat that," says the author of the new fiction tome *The Signature of All Things*. "That was a ridiculous tsunami of a phenomenon. There's no way to do it again, and it doesn't have to happen again."

Without those anxieties, Gilbert allowed herself to explore fiction, a genre she had left 13 years earlier. The writer went back to her roots — and explored a whole bunch of literal roots — for her new botany-focused novel, *The Signature of All Things*.

Signature, which takes place in the 19th century, follows the story of Alma Whitaker, a gifted plant scientist who wrestles with her beliefs after falling in love with a man whose passions lie in the mystical and divine.

What drew you back into fiction?

I missed it! It's where my heart is. Let me begin by just saying I have no regrets what-

soever about having written *Eat, Pray, Love* — obviously it's been a great move in my life. (But) my intention always has been to be a fiction writer.

I was well on that path with my first two books, and then I really kind of needed my writing in my 30s for something else — I needed it to help me sort some things out. And I used my writing exclusively for that purpose for the entirety of my 30s. ... I just wanted to go back to what I had always loved.

Was it easy to get back into that groove, or was it harder than you remembered?

I was so daunted by what I was taking on because I hadn't written fiction in 13 years; hadn't written a short story, nothing.

So I had not only lost my confidence that I knew how to write fiction, I had also lost my confidence that I knew why we write fiction. I sort of had forgotten, what do you do this for? And then I had taken on material that I'm not familiar with: I'm not a botanist.

Having gone from laying everything about yourself bare, to keep yourself out of it must have been a different challenge.

It was. And it was fun. But I don't know how well I kept myself out of it. I think people who know my writing will recognize my themes in there, the same stuff I've always written about: exploration of self versus other, how we define ourselves, who our obligations are to, what happens when we finally leave. All of those questions — mysticism versus rationalism — it's all me.

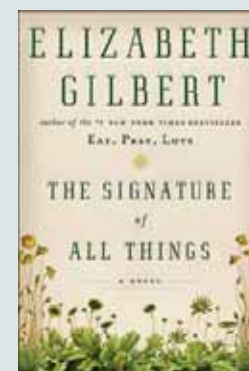


Elizabeth Gilbert takes on fiction again. GETTY IMAGES

Character development

Your characters do a lot of travelling in this book. Did you want their experiences to mirror your own?

- "It's funny because initially my intention with this book was that Alma would never leave (her estate). I wanted to explore what women with tremendous intellects do in order to discover the world when they aren't allowed to travel ... but I just couldn't leave her there for her whole life!"



Arnett addresses 'stink' about new comedy



The Millers debuts Thursday on Global. CONTRIBUTED

Will Arnett is ready, willing and able to talk about flatulence. Hyper-aware of the stink raised by critics over a particularly gaseous gag in his new sitcom, *The Millers*, the TV comic launches into a fervent defence of the everyday moment during a recent interview to promote Thursday's premiere.

The joke plays out soon after his character Nathan, a recently divorced TV reporter, begrudgingly welcomes his newly single mother, played by Margo Martindale, into his home.

Upon returning from work, he barely greets his mother before having to ask: "Did you (pass gas)?"

"This happens when you get older, they just slip out," Carol replies.

Arnett says he can't understand what the fuss is about, recounting a conversation he had with a critic who considered it "low-brow."

"And I said, 'You know what? Give me a break. Everyone is taking themselves so seriously, who cares?'" he says.

Some might see the broad comedy as a departure of sorts for the Toronto-born Arnett, who rose to fame playing quirky characters in sharp-edged single-camera sitcoms including *Arrested Development* and *30 Rock*.

Here, he plays a regular Joe who is eager to rediscover the single life, but his plans are interrupted when his meddling parents decide they are separating after 43 years of marriage.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cher still has no problem telling it like it is

ALEXANDRA
CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said

shade at Marge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.



Jodie Foster

Jodie Foster has a new girl

Jodie Foster and photographer Alexandra Hedison are reportedly dating, according to E! News.

"It's pretty serious," a source says. "They're totally in love." Hedison previ-

ously dated Ellen DeGeneres before the talk show host got involved with Portia de Rossi.

Foster and Hedison began turning heads over the summer at events in both Los Angeles and New York.



Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and

parents. The bright side is that Amanda

bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's

can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

I FORGOT
HOW
MUCH
YOU TALK.

Know when
to stop.



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Italy

There IS something to rent in Tuscany



ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must-haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us \$500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few worth the visit.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Make sure to sample the regional specialties, such as Florentine steak and Pienza's pecorino cheese.

And of course, hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance.



The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak it up in Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise



JIM BYERS
@jimbyerstravel
jimbyerstravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White

Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about \$330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about \$150 a night in high season, with a five night

minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was \$60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed

potatoes, for about \$40.

Diving

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.



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'Faux' mini cheesecakes are full of real good-for-you flavour

1. In bowl, place cashews and dates. Pour in enough

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 ml) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 ml) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freeze-proof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for "handles."

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut 'Cheese' Cake



This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerate

up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To

garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT'S CHOICE**



A new way to enjoy a childhood fave

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed

for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

3. Bake in centre of oven for 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Make topping: In bowl of stand mixer fitted with

paddle attachment, beat peanut butter, cream cheese and butter on medium speed for 1 to 2 minutes or until creamy and light. Add icing sugar and salt; beat on medium speed for 1 to 2 minutes or until smooth and creamy. Place mixture in pastry bag fitted with 1/2-inch (1 cm) star or plain tip. Pipe a border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each. **PRESIDENT'S CHOICE**

Ingredients

- 1/2 cup (125 ml) unsalted butter, softened
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1-1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla

Topping

- 3/4 cup (175 ml) smooth

- peanut butter
- 1/2 cup (125 ml) PC Blue Menu Light Cream Cheese, softened
- 1/2 cup (125 ml) PC Unsalted Country Churned Butter, softened
- 1/2 cup (125 ml) icing sugar
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) PC Blue Menu Twice the Fruit Strawberry Spread

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If it makes you happy to make others happy, and you know where your career passion lies, then get your consulting career cracking! ISTOCK

What are you, some sort of expert or something?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN GREAVES
TalentEgg.ca

Are you thinking about a career in consulting?

If so, you're probably wondering what it takes to be successful in the industry.

Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You're a "people person"

As a consultant, you'll be working with your team and multiple clients, so you're bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order

Above and beyond

You're willing to go the extra mile, and then some

- Solving problems, influencing your clients and creating innovative ideas are just the tip of the iceberg for consultants.
- To be successful, you need to enjoy getting lots done for your clients. Companies hire consultants because they want their expertise, so to impress them you must give that and more — and enjoy doing it!

to do this you need to feel comfortable working in different environments and with different people on a daily basis.

You're a multi-tasker

As a consultant, you'll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client's needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You're passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You're confident

Everyone has bad days no matter what field they work in. A great consultant can get back on the horse when things aren't going smoothly. While doing this, you'll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you'll get tough feedback, experience set-backs and make difficult decisions. A successful consultant can push through these barriers with confidence.

You're resourceful

Being resourceful is an extremely helpful trait to have as a consultant. This trait will help you know when to ask for advice, and where to find the right information. You can't be scared to ask for help, especially when starting out!

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MLB

Pirates steal wild-card win from Reds

The Pittsburgh Pirates went 21 years between playoff games. The wait will be significantly shorter this time around.

Russell Martin homered twice, Francisco Liriano was dominant for seven innings and the Pittsburgh Pirates roared past Cincinnati for a 6-2 victory in the NL wild-card game Tuesday night. **THE ASSOCIATED PRESS**

1-on-1

I'd beat LeBron in my prime: Jordan

NBA legend Michael Jordan believes he could beat LeBron James in a one-on-one basketball game when he was in his prime.

He's not sure about Kobe Bryant.

In a video promoting the NBA 2K14 video game that was released Tuesday, Jordan said there's a long list of players he would've liked to have played one-on-one. "I don't think I would lose," Jordan said in the video, before smiling and adding, "Other than to Kobe Bryant because he steals all of my moves."

THE ASSOCIATED PRESS

Laser eye surgery

Raptors' Gay has eyes on the prize

Rudy Gay had no idea how bad his vision was until he went to renew his driver's licence last year and failed the eye test.

The Toronto Raptors small forward underwent surgery to correct his vision during an off-season that was otherwise devoted to improving his shooting and beefing up his body.

THE CANADIAN PRESS



Mooseheads forward Jonathan Drouin was held pointless against the Saint John Sea Dogs on Tuesday night. JEFF HARPER/METRO

Herd halted again in Drouin's return

QMJHL. Reigning CHL player of the year held pointless in 4-2 loss to Saint John Sea Dogs



ANDREW RANKIN

andrew.rankin@metronews.ca

Despite Jonathan Drouin's return to the lineup, the Halifax Mooseheads' offence continues to sputter.

The Canadian Hockey League's reigning player of the year was held pointless as the Herd let a one-goal, third-period lead slip away, en route to a 4-2 defeat at the hands of the Saint John Sea Dogs before 2,533 fans

at Harbour Station Tuesday night.

"We played well for two periods and we could have scored more goals but we were blanked," said Mooseheads head coach Dominique Ducharme. "But then we did everything you need to do to lose a game. Look at the third period, that's the exact recipe ... going to the penalty box, not playing our game ... that's it."

With the loss, the Mooseheads fall to 3-5.

The Herd took a 2-1 lead into the final frame, compliments of Nikolaj Ehlers and Ryan Falkenhaim. But the Mooseheads didn't help their cause, giving up a pair of power play goals in just under five minutes of the final period. Matthew High-

Weak finish

"If you look at the first two periods, we played much better than them, but then we threw the game away in the third."

Mooseheads coach Dominique Ducharme

more would ice the victory with an empty-netter.

Mooseheads goalie Zach Fucile made 21 saves in the loss.

Michael Abbott scored a pair of goals, while Olivier LeBlanc rounded out the scoring for Saint John.

The Mooseheads have managed only four regulation goals in three games. But, at this

point, Ducharme is taking his team's lack of offensive production in stride.

"Tonight, just in the second period we had 11 scoring chances. When you have that many chances it's a question of momentum and confidence. But you get rewarded if you keep going."

Likewise, Ducharme wasn't overly concerned about Drouin, who played his first game with the Herd since being cut by the Lightning on Sunday.

"There have been a lot of things that have happened in his life in the last 48 hours.... But we know he's going to be better Friday."

On Friday, the Mooseheads continue their road trip against the Sherbrooke Phoenix.

NBL. Rainmen sign former Louisville Cardinal PF

The Halifax Rainmen announced another signing on Tuesday, bringing their current roster to 10.

Their newest acquisition, six-foot-nine, 24-year-old power forward George Goode played three NCAA seasons under Rick Pitino's Louisville Cardinals, and last season suited up for the Yulon Luxgen in Taiwan, averaging 14.1 points

along with 7.6 rebounds per game.

Coming out of high school, he was listed 63rd in Sports Illustrated's top 100 college recruits.

"George has always been a big man with a unique skill set," stated Rainmen head coach Chris Terrell in a team release. "He has the size, length and athleticism to com-

pete at a high level around the basket. That combination of skills allows him to play inside or outside, to pop or roll, and makes it very difficult for teams to defend him."

The Rainmen are poised over the next week to release a full team roster with their NBL training camp set to get underway on Oct. 13.

ANDREW RANKIN/METRO

New in town

"George has always been a big man with a unique skill set.... He has the size, length and athleticism to compete at a high level around the basket."

Rainmen head coach Chris Terrell



Rainmen recruit George Goode
ANDY LYONS/GETTY IMAGES

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Leafs triumph in physical faceoff

NHL. Reimer looks sharp in bloody opener between long-time rivals

Toronto Maple Leafs coach Randy Carlyle had a gut feeling that James Reimer would rise to the occasion in the team's NHL regular season opener.

It turned out he was right, as Reimer made 34 saves and Mason Raymond got the game-winner in his first game with the Leafs as Toronto downed the rival Montreal Canadiens 4-3 in a fight-filled opener on Tuesday night.

One of the fights led to a scary moment when Montreal's new enforcer George Parros was carried off on a stretcher in the third period after falling on his face during his second bout of the night with Colton Orr. Parros suffered a concussion and went to hospital for further evaluation.

Between the five fights in the game, Reimer made the saves and won a fourth

Opening night

4

Leafs

3

Canadiens

straight start against Montreal.

"That was the hunch," said Carlyle. "He's played very well in this building in the time I've been here. I felt he gave us the best chance to win."

Reimer got the nod over Jonathan Bernier, who joined the Leafs from the Los Angeles Kings in the off-season. Reimer proved his coach right, even if he doesn't acknowledge the debate among fans and media over who should be the Leafs' starter.

"When I'm in there, I'm not competing against anybody on my team," said Reimer. "That's not what it's about."

James van Riemsdyk and Dion Phaneuf also scored for Toronto, who play again Wednesday night in Philadelphia.

THE CANADIAN PRESS



George Parros of the Canadiens and Colton Orr of the Maple Leafs fight during their season opener at the Bell Centre on Tuesday in Montreal. The Leafs won a physical matchup 4-3. RICHARD WOLOWICZ/GETTY IMAGES

Cornerstone contract

Wallet Phil'd: Kessel staying in Toronto

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

What general manager Dave Nonis called "short and productive" negotiations ended with Kessel signing an eight-year, \$64-million US contract on Tuesday.

The deal has a salary cap hit of \$8 million per season. It begins in 2014-15 and runs through the 2021-22 season.

"I always wanted to be (in Toronto)," Kessel said.

"I want to finish my career here. It's a great city, the organization's unbelievable and I'm really excited to continue here."

The contract includes a limited no-trade clause. Kessel has one season left on his previous deal at \$5.4 million.

General manager Dave Nonis said negotiations started last week.

THE CANADIAN PRESS

NHL

Grapes has gripes with icing rule

Don Cherry's not impressed with the NHL's new hybrid icing rule.

The Hockey Night in Canada commentator spoke on Tuesday during the first intermission of the Montreal Canadiens' home opener against the Toronto Maple Leafs, saying that the rule won't really get tested until the playoffs.

The new rule has players racing for the puck to an imaginary line across the faceoff dots to trigger icing instead of the end boards. The move is aimed to reduce injuries that happen when players make contact against the boards.

"If there's no chance at all of a guy getting the puck, the referee's going to blow the whistle," said Cherry during his Coach's Corner segment, pointing out how the rule may confuse players. "If the defenceman is way ahead, and there's no chance of winning the race, but if there's a chance they are racing, and they're going 90 miles an hour, and there's a chance they're going to get hurt, they're going to let it go if the forward's a ... bit in front." **THE CANADIAN PRESS**

NHL. Caps busted by champion Blackhawks

Brandon Saad, Johnny Oduya and Marian Hossa scored in the third period, and the Chicago Blackhawks kicked off their Stanley Cup title defence with a 6-4 victory over Mikhail Grabovskiy and the Washington Capitals on Tuesday night.

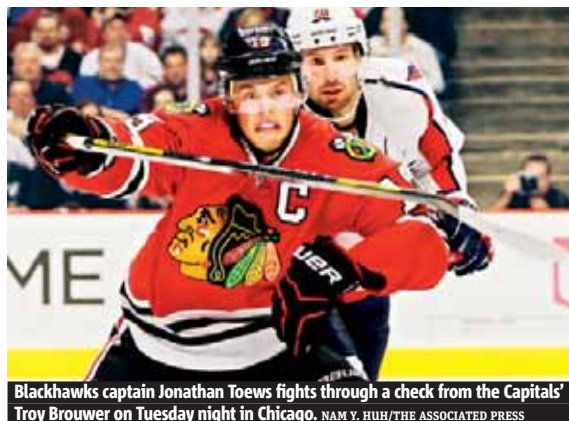
Patrick Kane, Brent Seabrook and Brandon Bollig also scored for Chicago, which won its first game for the second straight season. Corey Crawford made 28 saves, including a couple of huge stops when the Blackhawks killed off a late 5-on-3 power play.

Chicago ruined Los Angeles' title celebration with a 5-2

victory in last season's opener, and then set an NHL record by recording at least one point in its first 24 games. The fast start played a key role in the Blackhawks' run to the Stanley Cup title, and coach Joel Quenneville made it clear in training camp that another opening surge is a priority.

Grabovskiy had three goals and an assist in his first game since he signed with Washington in August. Alex Ovechkin had a goal and an assist, but the Capitals dropped their opener for the second straight season.

THE ASSOCIATED PRESS



Blackhawks captain Jonathan Toews fights through a check from the Capitals' Troy Brouwer on Tuesday night in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.

NHL

Tuesday's results

Toronto 4 Montreal 3
Chicago 6 Washington 4
Winnipeg at Edmonton

Wednesday's games — All Times Eastern

Toronto at Philadelphia, 7:30 p.m.
Buffalo at Detroit, 8 p.m.
Anaheim at Colorado, 9:30 p.m.

Thursday's games

Calgary at Washington, 7 p.m.
Tampa Bay at Boston, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

Los Angeles at Minnesota, 8 p.m.
Nashville at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
NY Rangers at Phoenix, 10 p.m.
Vancouver at San Jose, 10 p.m.

Friday's games

Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Tuesday's result

NL: Pittsburgh 6 Cincinnati 2

Wednesday's game — All Times Eastern

AL: Tampa Bay (Cobb 11-3) at Cleveland (Salazar 2-3), 8:07 p.m.

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Cleveland-Tampa Bay winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)

ATLANTA VS. LOS ANGELES

Thursday's game

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. PITTSBURGH

Thursday's game

Pittsburgh at St. Louis, 5:07 p.m.

The 2013 Toyota RAV4



ALL PHOTOS CONTRIBUTED

Review. Toyota's aim to recreate success of '90s model falls short but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace. Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and

The 2013 Toyota RAV4
• Top speed. 185km/h
• Engines (hp). Four 2.0 litre or plus options available
• 0 to 100km/h. 10.0 sec.
• Fuel consumption 5.9/100km
• Base price (incl. destination) From \$23,790

continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive. However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Rec-

Interior

The interior is spacious and the trunk is big but the cabin is letdown by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

reational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 which is bigger, better and more practical than ever. The biggest new feature in the 2013 RAV4 is the rear lift gate which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille but it has lost some of its unique RAV4 personality, which is a shame.

now inside the vehicle.

Best thing

Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car to be desirable but dependable.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive or comfortable around town. Even our test of the 2.2-litre diesel auto AWD version (not available in Canada) didn't feel fast and required frequent gear changes to get the most out of it.

Worst thing

The "sport button," which is supposed to add pace and drama, is so badly tucked away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent.

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Wax on, wax off but don't forget to polish

Driving force.

Protecting your vehicle's finish is a three-step process

JIL
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Your vehicle's paint is very durable, but it can use the protection of a coat of wax. Before you put on the shine, though, you should prepare the surface to get the maximum benefit of the product you're using.

"People believe that you wash your car, and then you wax your car, but a key step in between is polish," says Dave Lambert, brand manager for Autoglym Canada. "It's a three-step process of wash, polish, and protect."

If it's possible, your car should be hand-washed, using a sponge or soft cloth, and a pH-neutral car wash product. Lambert says that many people believe that "swirl marks" in the finish

Remember step 2

"People believe that you wash your car, and then you wax your car, but a key step in between is polish."

Dave Lambert, brand manager for Autoglym Canada

are caused by overenthusiastic waxing, but in reality, they're imperfections in the paint caused by car wash brushes.

Any rough surface can potentially cause marks in the paint, and you should always use a clean chamois or microfibre towel specifically made for vehicles. Cotton bath towels or terry towels are too abrasive and shouldn't be used.

The second stage — applying polish — preps the clean surface for the final top coat of wax. Although your paint may look smooth, when seen under a microscope, it's more like a lunar



Waxing your car regularly helps to preserve its shine. AUTOGLYM CANADA

landscape of hills and gullies, and it can appear dull when the light hits this uneven surface. The polish fills in these microscopic valleys, providing a smooth surface for the final top coat of wax.

There are many types of wax on the market, but

Lambert says that a paste wax containing carnauba wax will last the longest. "A lot of people say they want 100 per cent carnauba wax, but in its pure form it's hard enough to scratch your paint," he says. "In a test tube, it actually rattles.

Nothing is pure carnauba alone, and there will be other (ingredients) in there as well."

Several factors will affect how long your car stays shiny, including the weather and where you park, but Lambert says that a quality

Facts and tips

- **Top wax.** Carnauba wax comes from a palm tree native to Brazil. It forms on the leaves, which are collected and dried, and then beaten to separate the wax from the plant.
- **Wash wise.** If you drop your sponge when washing your car, never use it until you've thoroughly rinsed it. If you don't, the dirt it picked up will scratch your paint.
- **Shade is best.** It's best to wash and wax your car in the shade, and when the paint surface is cool to the touch.

wax product, properly applied, should last five to six months. "We recommend once before the summer, and once in preparation for winter," he says. The car should be polished and waxed again if the shine starts to go away, or if water doesn't form round beads on the surface.

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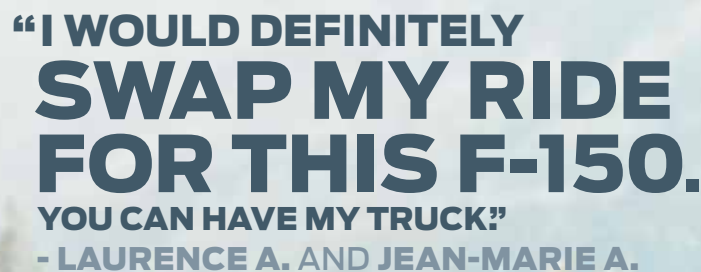


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Horoscopes

♈ Aries

March 21 - April 20

The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

♉ Taurus

April 21 - May 21

Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

♊ Gemini

May 22 - June 21

You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

♋ Cancer

June 22 - July 23

Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

♌ Leo

July 24 - Aug. 23

You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

♍ Virgo

Aug. 24 - Sept. 23

Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

♎ Libra

Sept. 24 - Oct. 23

Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

♏ Scorpio

Oct. 24 - Nov. 22

You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

♐ Sagittarius

Nov. 23 - Dec. 21

Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

♑ Capricorn

Dec. 22 - Jan. 20

You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

♒ Aquarius

Jan. 21 - Feb. 19

The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

♓ Pisces

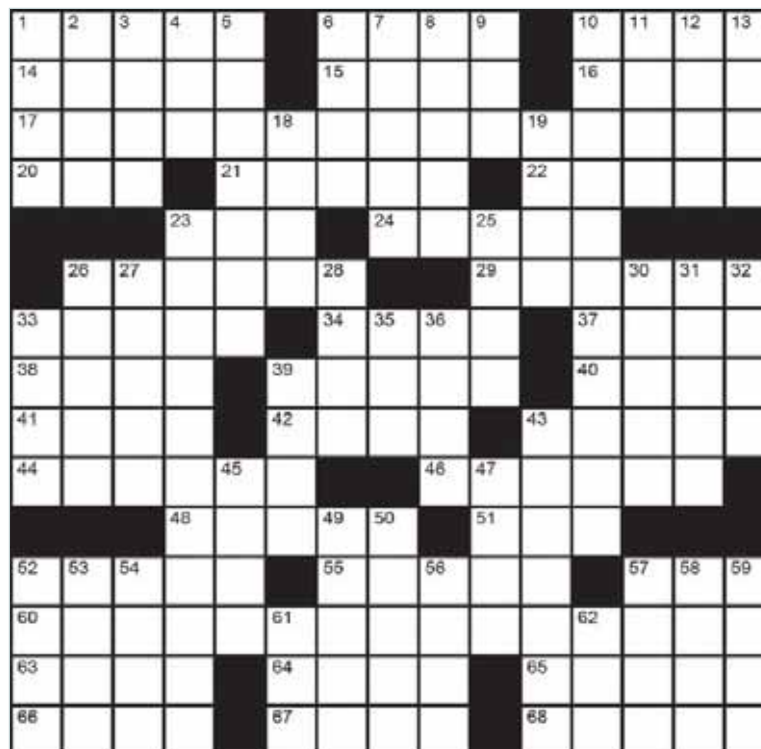
Feb. 20 - March 20

It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Chocolate substitute
6. Mater's mate
10. Street performer
14. Earth's sky layer
15. Toilets, British-style
16. Paradise
17. Like the people at #26-Across: 2 wds.
20. Surgery sites, for short
21. "Have a Little Faith in Me" by John ____
22. "Bust ____" by Young MC
23. Certain conifer
24. Car company
26. Prehistoric culture of North America
29. Sci-Fi writer, Isaac ____ (b.1920 - d.1992)
33. Beethoven's title lady
34. Hold off
37. Elizabeth Taylor's title
38. Gets workers for
39. Actress Olivia
40. Mountain goat's rock
41. Roman Numeral for 2501
42. Like fine wine
43. Matches
44. "Together Forever" singer Rick
46. "Blue Suede Shoes" bit: "Well, it's ____ the money..."
48. ____ Tuck
51. Compass point
52. Studio sign: 2 wds.
55. Canadian com-



- munications company
57. Jump
60. 501 _____. NW (Canadian Embassy's locale in Washington, DC)
63. Desert weather
64. Ms. West's
65. Weasel kin

66. Much
67. Shortened helper
68. Beatles-style of jacket

Down

1. Small salmon
2. Cote d' ____ (French

- Riviera)
3. Director Mr. Howard's
4. Man. neighbour
5. Bzzz-er's abode
6. Sea lettuce
7. Reluctant
8. Purposeful saying
9. Fireplace residue

10. "Come on down to the ____ and I will / Buy you a bottle of wine..." - Joni Mitchell, "Carey"
11. Prefix meaning 'Thought'
12. Mr. Griffin
13. 'ence' word-end-

- ing alternative
18. Rihanna's nickname
19. Actor, George ____
23. Dinosaur tooth, whale bone ...and others: 2 wds.
25. Decorator Mr. Berkus
26. Red Lobster servings
27. Swiss chocolate brand
28. Swallow swiftly
30. "The X Factor" host Mr. Lopez
31. Noted astrologer Sydney
32. Carrots, celery, e.g.
33. Title role for Gwyneth in 1996
35. Saloon serving
36. Oliver! song: " ____ Anything": 2 wds.
39. "The ____ Feel" by Gordon Lightfoot
43. CPP = Canada ____ Plan
45. Misjudges
47. Nine: German
49. He was a Titan
50. Dreams: French
52. October birthstone
53. Emperor of Rome
54. Have ____ to pick
56. Endure
57. Possesses, olde-style
58. Complete
59. Place in South America
61. Singer Ms. Sumac
62. Did lunch

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

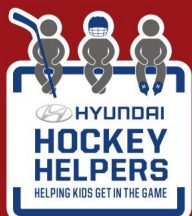


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